

# NEWS & VIEWS

The Andover Senior Center: The Center at Punchard

January 2018, Vol. 2 Issue 1



## January 2018

*Annmary I. Connor, LICSW  
Director of Elder Services*

*The Senior  
Center at  
Punchard  
Growing together*

As we embark on a New Year, we are excited about new ideas and programs. We hope that you will join us in many of these events. During the month of January, we will be hosting a variety of new items.

As this is the beginning of the new year, I would like to remind you of the months we do not mail the newsletters: January, April, July, October. The remaining eight months will be mailed to your Andover home.

This year, there will be some changes. We will be hiring a new Program Coordinator. Linda Lambert, a long time employee for over 15 years, is retiring in March. This will be a great loss to our Senior Center family. She has been crucial to our Senior Connections Supportive Day Program and we will miss her dearly.

### **Mission Statement:**

***To provide individuals, regardless of background, the opportunity to seek and readily find fulfillment and growth through programs and services that nurture mind, body and spirit.***

**For weather related closing information, please call the Info Line at 978-623-8302**



**Main Line: 978-623-8320**

**website: [www.andoverma.gov/seniorcenter](http://www.andoverma.gov/seniorcenter)**

**email: [seniorcenter@andoverma.gov](mailto:seniorcenter@andoverma.gov)**

**Physical Address: 30 Whittier Court, Andover**

**Mail: 36 Bartlet Street, Andover, MA 01810**

**Info Line: 978-623-8302**

**Phone # 978-623-8320**

**A Division of the Department of Community Services**

## Special Monthly Events

**Must RSVP**

### **Paper Tole Workshop FREE**

Thursday, January 4th at 10 am

Come and join Sherry Santangelo, a Chinese American from Taiwan. She discovered the joy of making three dimensional artwork. She will be leading this workshop. RSVP

### **Fix it Shop**

Monday, **January 8th**; 1:00 pm & Monday, **January 22nd**; 1:00 pm

Lamps (new cords & sockets), Small Appliances, Chairs, Small Tables and Everything Else - we'll give it a shot. Cost: \$4 plus parts for seniors (ID req), \$10 plus parts for non-seniors/non-residents, \$2 diagnostics fee

### **Computer Users' Group**

Monday, January 8th; 1:30 pm at MHL

This group meets the second Monday of the month at Memorial Hall Library at 1:30 pm from September until June.

January's meeting topic will be on digital music. We are surrounded by choices of different ways to get music these days. Pretty much gone are the records, 8 tracks, cassettes, and CDs that we grew up with. We'll talk about how to migrate music we own on various media to our digital devices as well as look at choices on the market for new music.

### **Feasibility Study Session**

Wednesday, January 10th, 6 pm

Share your ideas on the feasibility study on how we can best utilize our space here at the Senior Center at Punchard with Joel Bargmann, Bargmann Hendrie + Archetype, Inc.

### **Friday Speaker Series**

Friday, January 12th at 8:30 am; \$4.00 (**Snow date Jan 26th**)

Engineers Without Borders is a volunteer organization that undertakes small infrastructure programs in underdeveloped countries. The Boston Professional Chapter has been working in a remote impoverished village in Tanzania on diverse projects from clean drinking water to helping them grow small businesses with micro-loans. Richard Martorana of Andover leads the Small Business and Agriculture team. He is a Mechanical Engineer and retired as Distinguished Member Technical Staff after a career at Draper Laboratory in Cambridge MA.

### **Council on Aging Board Meeting**

Thursday, January 11th; 8:30 am

Meets at 8:30 am on the second Thursday each month. All are Welcome! The Council can be reached via email at: [first.last@andoverma.us](mailto:first.last@andoverma.us)

### **TRIAD Program**

Thursday, January 11th; 10 am

Triad is a joint collaboration between The Senior Center at Punchard, Andover Police Department, Essex County District Attorney's Office, and the Essex County Sheriff's Department. It is designed to enhance the delivery of law enforcement services to older persons through crime prevention and education programs. The TRIAD group is seeking volunteers to assist with identifying, developing, and initiating programing.

## FRIDAY NIGHT

### SPECIAL

Chinese American Association of Andovers and Andover Elder Services are proud to host Friday evening's activities. The activity will be including Zumba, Yoga, Ping pong, board/card/Mah Jong games, other socializing activities.

*Free of charge and all are welcome.*

Fridays 6:30pm - 9:30pm

安多福华人协会和 Elder Services of Town of Andover 很高兴在七月份联合举办星期五晚上的联谊活动。活动包括:

Zumba, 瑜伽, 乒乓球, 棋牌, 麻将和其它社交。活动免费, 欢迎光临。

时间: 星期五晚上6:30-9:30

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## Mindfulness Meditation

Fridays 3pm

**A Great way to become more relaxed during this hectic season: \$3 donation**

## Chinese

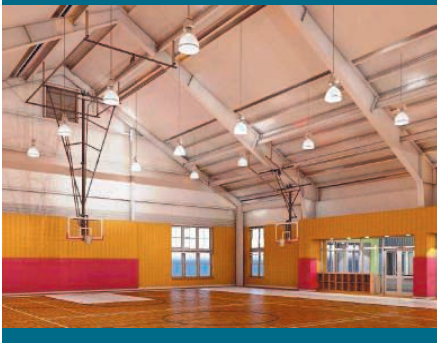
本中心的《英文月报》  
(News & Views) 另附有《中文简讯》，而且都将分送到您的住处；您也可在本中心网站查阅，或者电邮给您。

若需电邮，请把邮址传给  
Chris 女士，登记索要  
《中文简讯》，即

email to: [chris.marshall@andoverma.us](mailto:chris.marshall@andoverma.us) Translation of above statement. We offer a brief summary of our monthly newsletter for you in Chinese. These will be distributed to housing, on our web site or if you would like we can email them to you. Please give your email to Chris Marshall [chris.marshall@andoverma.us](mailto:chris.marshall@andoverma.us) to sign up for the Chinese summary. Thank you.

### Walk the Gym

**Did you know walk the gym resumed at the Cormier Youth Center. Every Tuesday and Thursday 9a-11a (Exclusion when school is out on break )**



## RSVP

## Special Monthly Events

### Matter of Balance

Wednesday, January 17th; 10 am - Noon

If you have fallen in the past or have a fear of falling, this 8-week course is for you. Learn exercises to help improve balance, flexibility and strength. Sponsored by Elder Services of the Merrimack Valley. You must call and sign up for this FREE eight week class. We ask that you try and ensure you can attend the entire series.

### Happy Birthday to You!

Friday, January 19th; 11:45 am

Third Friday of every month. This event is open to everyone. This is part of the congregational lunch, so be sure to sign up. Please join us in celebrating your birthday (and those of your friends!). Let us know if this is your birthday month, and you will be entered into a drawing for a prize. (You must be in attendance to win.) Enjoy entertainment with **Mark West**, a wonderful courtesy of the Andover Senior Community FRIENDS Inc. You won't want to miss this show!

### Ask the Lawyer - Legal Clinic

Monday, January 22nd; 10:00 am

A local attorney, holding office hours for one-on-one consultations (approximately 10-15 minutes each) to answer basic legal questions and refer our seniors to the appropriate resources. ADVANCE REGISTRATION IS REQUIRED; limited spaces. Call 978-623-8320 to register.

### Winter Carnival

Thursday, January 25th; 3:30 pm to 5:00 pm

Come to the Cormier Youth Center for some intergenerational fun! It is a winter carnival, games, fun and food. If you need transportation, please schedule by January 22nd.

RSVP - FREE

### Book Club

Thursday, January 25th; 1:30 pm

### Writing Group

Tuesdays 10 - 11 am

Come and join Sreenivas Madras in this engaging writing process. \$2 suggested donation.

**Andover Police Department's web page shows the latest scam information. To learn the latest information, please go to this link :**

**<https://twitter.com/AndoverMassPD>**

(note: you do not need a Twitter account to view this information)

**Andover Chinese New Year Festival Show in Collins Center***Saturday, February 3rd 2018, 7 - 9 pm*

Chinese New Year, also known as the Spring Festival, is the most important holiday in Chinese culture. It falls on February 16, 2018 as the beginning of year of the dog. It is one of the world's most widespread festivals with millions of people around the world celebrating it each year.

On Saturday, February 3rd, the Town of Andover Department of Community Service and the Chinese American Association of Andovers (CAAA) will co-sponsor a Chinese New Year's performance in the Collins Center at Andover High School.

The New Year's show will be performed by artists from Andover, Boston and nationwide. The program includes Chinese music, dance, acrobat and more.

Tickets for the New Year's performance can be purchased online at [caandover.org](http://caandover.org). We hope to see you there!

**Oak and Iron***Wednesday, February 7th; 4 - 6 pm*

Beer tasting event \$15 per person. Purchase tickets at the Center.

**Andover Chinese New Year***Tuesday, February 13th at 10 am; Old Town Hall*

Join us for the annual Chinese New Year Celebration. It is the year of the Dog. Tickets will be on sale for \$7 which includes lunch. Purchase tickets at the Center.

**Foxwoods Day Trip**

Wednesday, February 21st; \$35 per person. Includes \$10 food voucher or free buffet and \$15 bonus slot play. Depart at 8 am and return around 6 pm.

**Chinese American Association of Andovers and the Elder Services of Town of Andover** are proud to host Friday evening's activities. The activity will be including Zumba, Yoga, Ping Pong, board/card/Mahjong games, other socializing activities. **Free of charge and all are welcome. Fridays 6:30 - 9:30 pm**

安多福华人协会和 Elder Services of Town of Andover 很高兴在七月份联合举办星期五晚上的联谊活动。活动包括：Zumba，瑜伽，乒乓球，棋牌，麻将和其它社交。活动免费，欢迎光临。  
时间：星期五晚上6:30-9:30 地点：

**Drop in Groups**

**Craft Corner:** Thursdays; 9:30 am

**Fiber Arts:** Wednesdays; 10 am

**Fun and Games:** Tuesdays thru Fridays; 1 - 4 pm

**Tuesdays 1pm Mahjong stop by to check out this group**

**Knit Purl Repeat! You Can Knit Too:** Lessons on Wednesdays at 1 pm

**Knit Wits:** Wednesdays at 1 pm

**Mindfulness Meditation:** Fridays from 3 - 3:30 pm

**Model Building:** Wednesdays at 9 am

**Monday Movie Matinee:** Free movies on Mondays at 1 pm. Free popcorn. Sodas available for purchase. Come on in and enjoy popcorn and a water or soda!

**Open Studio Art:** Wednesdays and Thursdays at 9:00 am

**Ping Pong:** Fridays at 2 pm

**Quilting:** Mondays at 9 am

**"SHOP" Sewing Group:** Wednesdays at 9 am

**Social Bridge:** Tuesdays at 1 pm

**Cable Group:** meets 3rd Thursday at 9 am.



## The Senior Center at Punchard

Town Manager  
Andrew P. Flanagan  
Director of  
Community Services  
Joseph Connelly

The Senior Center Staff  
Director  
Annmary I. Connor,  
LICSW

Outreach Coordinator  
Kristine Arakelian,  
LCSW, MPH

Senior Connections  
Sharon Thomson, RN  
Linda Lambert

Office Staff  
Christine Marshall, Editor  
Andrea Zaines

Nutrition Staff  
Frank Melendez, Chef  
Sue Starbird

Transportation/Intake  
Shawna McCloskey,  
LSW

Carol Howe  
George Perakis

Council on Aging Board  
Meets at 8:30 am on the  
2nd Thursday each  
Month

All are Welcome!  
The Council can be  
reached  
via email at:  
[first.last@andoverma.us](mailto:first.last@andoverma.us)

Kenneth DeBenedictis,  
Chair  
Margaret O'Connor, Vice  
Chair

Kimberly Rainen, Secre-  
tary  
Molly Bicking  
Joan Fox  
Tana Goldberg  
Jane Gifun  
Joseph Ponti  
Thomas Rando

Center Hours  
Monday - Friday  
8 am - 4pm

Thursday Evenings for  
BoomerVenture Campus  
5 pm - 9 pm  
978-623-8320

## Health & Wellness

### Did you know?

#### **Massage . . . . Reflexology**

We offer both of these pain-relieving, gentle therapy practices here at the Center by appointment. Massage is only \$15 for 20 minutes for seniors over 60. Reflexology is \$1 per minute starting in 15 minute increments.

#### **Foot Care (Podiatry)**

Wednesdays, January 3rd and January 17th. You must be an Andover Resident. For homebound residents, please call Kristine Arakelian. You do not need to wait to call the first of the month. You may call and book at any time. Appointments are scheduled every two months.

#### **Bereavement Support Group:**

Thursday, January 4th at 1:30 pm

To register, please call Lois Marra of Home Health VNA Hospice at (978) 552-4537 and leave your message with name and phone number. Lois will return your call. This support program is designed to provide help coping with the loss of a loved one. Learn new ways together to carry on traditional ways of doing things and figure out how to commemorate these days that can trigger a lot of emotion. This is a group that you can attend one time or monthly. All are welcomed.

#### **Pain Management Support Group**

Monday, January 8th; 1:30 pm

This helpful group usually meets the second Monday of the month, from September through June at 1:30 pm. This intimate and confidential group is open to anyone who is dealing with chronic pain management issues. Newcomers are always welcome. Be sure to call to register. Facilitator: Gerry Rainville, RN, MSN

#### **Parkinson's Support Group**

Thursday, January 11th at 1:30 pm

This group meets the second Thursday of the month, September through June; 1:30-3 pm at the Center. Please call Kristine Arakelian, Outreach Coordinator, to confirm your attendance or for further information. All are welcome. Scott Parmelee, MS, MBA, Abbvie Pharmaceuticals "New Treatment Options for Patients with Parkinson's"

#### **Wellness Clinics**

Wednesdays; 2:00 pm. Stop in for a blood pressure and weight check with our trained nurses. They are here to help you manage your day-to-day health needs.

**Brown Bag:** Elder Services of the Merrimack Valley, Boston Food Bank, and The Senior Center at Punchard (C@P) are expanding the Brown Bag program. This is FREE to anyone 60+ with an income less than \$21,978 for a single person or \$29,637 for a couple, or on Mass Health, Chapter 115, food stamps or fuel assistance. This grocery bag is available on the fourth Tuesday of the month, January 23, 2017 at 9:30 am and must be picked up by 10:15 am. Call Annmary or Kristine to sign up or see if you are eligible.

#### **Memory Café**

Monday, January 22nd 1:00 pm. Please contact Linda for information on this fun and supportive group. Entertainment by Paul Wayne. Funded by the Department of Developmental Disabilities.

**Medical Equipment:** The Local Masons have a medical equipment loan program that is open to people in need of accessing hospital equipment. This loan program is free and open to all. Equipment can be picked up on Saturdays at 500 West Cummings Park, Suite 1150, Woburn. If you need help accessing this program, call the Center and ask for Kristine.

## Health, Wellness, Fitness

### Winter Session: November 20 – February 9

#### Registration Week: November 6—11

**Breath, Balance and Body Wellness** *Pat Dumont*  
Tuesday, November 21—February 6; 2 pm; **\$48**

**Line Dancing : Instructor** *Valerie Cagnina*  
Tuesdays, November 21—February 6; 2:15 pm; **\$48**  
Beginners Brush-Up - 2:15 pm; entire group - 2:30 pm  
Intermediate Challenges - 3 pm

**Men and Women in Motion** *Denise Boucher (Class meets at Youth Center)*  
Tuesdays, November 21—February 6; 8 am; **\*\*\*FREE this term only!**  
Thursdays, November 30—February 8; 8 am; **\$41.25**  
**\*\*\* Class will NOT meet at Youth Center during school vacation week but will meet at the Senior Center at Punchard)**

**Sit and Get Fit** *Denise Boucher*  
Tuesdays, November 21—February 6; 10:15 am; **\$45**  
Fridays, December 1—February 9; 10:15 am; **\$41.25**

**Strength Training** *Wed: Pat Dumont; Fri: Barbara Maguire*  
Wednesdays, November 22—February 7; 8:00 am or 8:45 am; **\$45**  
Fridays, December 1—February 9; 8 am or 8:45 am; **\*\*\*FREE this term only!**  
**(Please note only the 8AM Friday class is free this term)**

**Strengthen and Stride** *Tracy Callahan*  
Tuesdays, November 21—February 6; 9 am; **\$41.25** (corrected amount)  
Thursdays, November 30—February 8; 9 am; **\$41.25**

**Tai Chi Beginner** *Meg Holmes*  
Tuesdays, November 21—February 6; 1:10 pm – 2:10 pm; students new to tai chi; **\$33.75** **\*\*Please note there is no class on 12/12, 12/19, or 12/26**

**Tai Chi Advanced Beginner** *Meg Holmes*  
Thursdays, November 30—February 8; 2:15 pm – 3:15 pm; students have learned some of the forms; **\$30** **\*\*Please note there is no class on 11/23, 12/14, 12/21, 12/28**

**Tai Chi Intermediate** *Meg Holmes*  
Thursdays, November 30—February 8; 1:10 pm – 2:10 pm; students have learned the complete Yang style 24 Form; **\$30**; **\*\*Please note there is no class on 11/23, 12/14, 12/21, 12/28**

**Tap Dancing Basic** *Audrey Nason*  
Wednesdays, November 22—February 7; 9:30 am; **\*\*\*FREE this term only!**

**Tap Dancing Performance** *Audrey Nason*  
Wednesdays, November 22—February 7; 12:45 pm; **\$42**

**Yoga Beginners** *Pat Dumont*  
Tuesdays, November 21—February 6; 10:30 am; **\$45**

**Yoga Advanced Beginners** *Pat Dumont*. (some prior experience suggested for this gentle yoga practice) Wednesdays, November 22—February 7; 1:00 pm; **\$45**

**ZUMBA**  
Tuesdays, November 21—February 6; 3:15 pm; **\$48**

**\*\*\*FREE classes courtesy of the Andover Senior Community Friends**

### ESL Classes

Mondays, November 20-February 5; 1 pm; off-site at Frye Circle; Free  
No class 12/25, 1/1, 1/15

### Nature Walks

Check back with us in the Spring when the weather gets nicer!

### SHINE

#### ***(Serving Health Information Needs of the Elderly)***

This free and confidential counseling service helps individuals understand their Medicare insurance benefits and other health insurance options. Call The Center to schedule an appointment.

### Medication and Syringe Disposal

Medication disposal is available at the Andover Police Department.

Syringe disposal is available at The Center at Punchard and the Andover Police Department Public Safety Building, 32 Main Street. Questions? Call the Andover Police Department at 978-475-0411.

## Fun Shopping Trips

10 am - 2 pm

**\$10; sign up to reserve  
your seat on the bus  
Monday, Jan. 22nd  
N. Reading-Walmart**

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## **SATURDAY**

### **IN-TOWN TRIPS**

**Trial basis program:  
IF YOU WANT TO RUN  
AN ERRAND ON  
SATURDAYS, CALL THE  
CENTER AT PUNCHARD  
BY TUESDAY TO  
SCHEDULE A RIDE  
BETWEEN 9 AM AND  
NOON FOR A INTOWN  
TOWNIE TRIP. You can  
be at your location a  
minimum of 1 hour to 3  
hours.**

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## **Merrimack Valley Regional Transit Authority (MVRTA)**

The MVRTA offers  
transportation to many  
towns and cities.  
You are eligible for EZ  
Trans  
non-ADA if you are 60+,  
for the ADA EZ Trans,  
you can speak with  
Kristine or Shawna.  
We encourage you to  
check out MVRTA's  
services.  
Please stop by for  
information or  
**call 978-469-6878**

## **Transportation**

### Medical Transportation

Transportation is available to medical appointments. A minimum of one week advance notice is required. Contact Carol for more details & donation information.

### Grocery Shopping

Door-to-door service – We pick you up at your house and bring you home.  
Wednesdays - Market Basket grocery shopping, \$5 round trip.

### Daily Ride to The Center

Daily trip fees to The Center \$2 each way or \$4 round trip.

### Townie Trips

The Center now offers Thursday Andover Townie trips – travel in town between 9:30 am and 2:30 pm. Want to get your hair done, go out to lunch, go to a friend's house or go to the library? The cost is \$4 one way or \$7 round trip, with a minimum of a one-hour stay at your destination. We ask that you book by Tuesday at noon. Other days and times may be available.

*Please call Carol at 978-623-8320 for transportation scheduling.*

## **Senior Connections:**

### **an engaging program creating meaningful days**

### **Free Trial Day For New Senior Connections Participants:**

We invite new interested individuals and families to take advantage of our FREE trial Day for Senior Connections. This is open to all NEW people who are considering services from our engaging program. A full intake packet must be done prior to the start of the **FREE trial day**. Senior Connections accepts private pay and is part of the Elder Services of the Merrimack Valley contract.

You may also schedule a tour in advance by calling and asking for Linda, Kristine or Annmary.

### Duplicate Bridge

Thursdays, November 30– February 8; 1-4:30 pm; **Free – Donations welcomed**  
Duplicate Bridge for intermediate level players for drop-in series. Must communicate to leaders in order to insure a multiple of 4 players per table. Fun and informative games. Call Center to register.

### Massage

Mondays, 10 am; \$15 for 20 minutes of chair massage

### Rhythm-Aires

Mondays, November 20– December 18 and will resume again Monday, January 8;  
10:15 am; **\$10**

**Sunrise Singers** –*Come and sing your heart out, no experience required!*

Mondays, November 20– December 18 and will resume again Monday, January 8 9:00 am; **\$20**

### Wood Carving

Mondays, 9 am; FREE

### Model Building

Wednesdays, 9 am; FREE





**Belly Dancing** *Maggie Class*

Thursdays, November 30– February 8; 6:00 – 7:00 pm this session! **\$71.50**  
11 sessions. Learn basic moves from fast and fiery to slow and smooth set to a fantastic mix of world music. Improve flexibility & self-confidence working all muscles and have FUN! Suitable for women of all body types and fitness levels. Great core workout and lots of laughs too! Bring out your “inner dancer”!

**ZUMBA** *Valerie Cagnina*

Tuesdays, November 21– February 6; **\$48**; 3:15 pm. An aerobic fitness program featuring movements inspired by various styles of Latin American dance

**Serenity Yoga** *Sheila Wescott*

Thursday, November 30–February 8; 7:15 – 8:30 pm; **\$71.50**; 11 sessions  
Active, calming practice of flowing postures with 15 minutes of meditation. Instructor Sheila Wescott combines the traits of gentleness, spirituality and a genuine “teacher’s heart.” Previous experience suggested by not required. Beginners always welcome!

**Energize with Exercise** *Denise Boucher*

Monday, November 20– February 5; 3:30 – 4:30 pm; **\$49.50**; 9 classes  
Thursday, November 30– February 8; 3:30 – 4:30 pm; **\$60.50**; 11 classes  
Fun aerobics and weight training workout.

**Reflexology with Uli Kapp**

Call or stop by to make an appointment! \$1/1 minute (15 minute minimum)  
A deep, delightful and effective way to alleviate stress accessing pressure points on each foot that correlate to various parts of the body. This alternative medicine therapy is based on a system of zones and reflex areas with the premise that such work effects a physical change to the body.

**Living Healthy Series**

On hold for the month of January - due to winter.....

***Thursday Night Movies are on hold***





## Outdoor Adventures

### Women's Outdoor Adventures

January 18, 2018

February 15, 2018

March 5, 2018

March 22, 2018

April 9, 2018

April 22, 2018

All winter hikes will be subject to the weather. We hope to be able to snow shoe if the conditions are to our liking. We will announce locations as we get closer to the dates.

The leadership team is researching a few special locations for some of the hikes, which will be longer trips than we generally do. Again, we will keep you posted. If you are not on our email list and would like to join us, please email Jane Gifun at [fleecy.godmother@verizon.net](mailto:fleecy.godmother@verizon.net) to be added to our list.

### Men's Outdoor Adventures

#### **Andover Elder Services**

Council on Aging Advisory Board &

Center at Punchard Staff

*commits to practicing these values:*

***Diversity***

***Innovation***

***Integrity***

***Respect***

***Wisdom***

*Values drive behaviors that result in positive actions.*

*We welcome everyone to join in our commitment to those we serve  
and the entire community of Andover.*

The Senior  
**Center** at  
Punchard  
*Growing together*



### Used Cell Phones

**Did you know you can donate  
your old used cell phones to  
help support our TRIAD pro-  
gram?**



**These monies support programing and materi-  
als to enhance services to our community.**

### **Closures**

When Andover Public schools are closed due to poor/unsafe driving conditions, the Senior Center at Punchard is closed to programing. If there are unusual circumstances, such as a high volume of snow, but it has stopped and the issue is snow removal, the Center will try to open to provide meals on wheels and other services. The information line is now currently working, please check in for updates. Also when possible an automated call will be generated by the Director to relay any urgent information. Info Line 978-623-8302



**Home Health VNA**  
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PROUD  
to partner with  
the Center at  
Punchard

## Regularly Scheduled Programming

The programming below is weekly, some exceptions during semester break weeks & holidays

Every Monday	Every Tuesday	Every Wednesday	Every Thursday	Every Friday
9:00 Sunrise Singers	8:00 Men/Women in Motion	8:00 Strength Training	8:00 Men/Women in Motion	8:00 Strength Training
9:00 Woodcarving		8:45 Strength Training		8:45 Strength Training
9:00 Quilting	9:00 Strengthen and Stride	9:00 Model Building	9:00 Strengthen & Stride	10:15 Sit and Get Fit
10:00 Massage by Appointment	9:00 Walk the Gym (YC)	9:00 Art Drop-In	9:00 Art Drop-In	1:00 Fun and Games
10:15 Rhythm-Aires	10:15 Sit and Get Fit	9:00 "SHOP" Group	9:00 Walk the Gym (YC)	1:00 ESL lessons
1:00 Movie Matinee	10:30 Beginner's Yoga	9:30 Basic Tap	9:30 Craft Group	2:00 Ping Pong
1:00 ESL Lessons (off site)	1:00 Fun and Games	10:00 Fiber Arts	9:30 Townie Trips	3:00 Mindfulness Meditation
3:30 BV Energize with Exercise	1:00 Social Bridge Drop-In	10:00 Grocery Shopping	1:00 Fun and Games	6:30 Chinese American Association Activities - drop in
	1:10 Tai Chi - Beginner	12:45 Performance Tap	1:00 Duplicate Bridge	
	2:00 Breath, Balance and Wellness	1:00 Knit Wits	1:10 Tai Chi - Inter.I (Sept.)	
	2:15 Line Dancing	1:00 Fun and Games	2:15 Tai Chi—Inter.II	
	3:15 Zumba	1:00 Yoga-Adv. Begin.	3:30 Energize with Exercise	
		2:00 Wellness Clinic	6:00 Reflexology	
			7:15 Serenity Yoga	

## Gift Cards for The Center

Gift Cards for the Center's programs, lunch, transportation, etc. are always available in any amount. Ask about them at the front desk. They make great gifts for family, friends or the person who has everything!



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- **Medicaid Planning / Asset Protection**
- **Special Needs Planning**
- **Trust Administration • Probate**



*Joseph L. Morana  
Andover Resident*

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IN YOUR HOME**

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# January Calendar of Events

MONDAY	TUESDAY	WEDS	THURSDAY	FRIDAY
1 Closed 	2  Lunch: Chicken Stir Fry	3 2 Wellness Clinic 9 Podiatry  Lunch: Baked Ziti w/ Meat & Cheese	4 10 Paper Tole 1:30 Bereavement Group  Lunch: Chicken Quarter	5 9:30 Grab and Go Bags  Lunch: Fish
8 1 Fix it Shop 1:30 Pain Mgmt 1:30 Computer Users @ MHPL  Lunch: Sweet & Sour Pork	9  Lunch: Baked Chicken	10 9 Podiatry 2 Wellness Clinic 6 Feasibility meeting <b>6pm Feasibility Study Session</b>  Lunch: Low-sodium Ham & Baked Beans	11 8:30 COA Board Meeting 10 TRIAD 1:30 Parkinson's Support Group  Lunch: Lasagna	12 8:30 Friday Speaker 10:30 Friends Meeting  Lunch: Fish
15 Closed MLK 	16  Lunch: Chicken Pot Pie	17 2 Wellness Clinic 10 Matter of Balance 9 Podiatry  Lunch: Pot Roast	18  Lunch: Open Faced Turkey	19 11:45 Birthday Lunch Women's outdoor adventure  Lunch: Meatloaf
22 <b>10 Ask the Lawyer</b> 1 Fix it Shop 1 Memory cafe  Lunch: Pesto Chicken	23 Brown Bag 9:30am  Lunch: Shepherd's Pie	24 9 Podiatry 2 Wellness Clinic 10 Matter of Balance  Lunch: Roast pork	25 1:30 Book Club 3:30 Winter Carnival  Lunch: Spinach Pie	26  Lunch: Salmon
29  Lunch: Chicken Marsala	30  Lunch: American Chop Suey	31 2 Wellness Clinic 10 Matter of Balance  Lunch: Beef Stew	<b>Please call in advance to cancel at 978-623-8320</b>	<b>Menu Subject to Change Without Notice</b>

**LUNCH REGISTRATION:** Phone reservations will be taken until 2:00 p.m. the day before you wish to come. Better yet, make your reservations on the touch screen in the lobby. Need help with that just ask the greeter.

When your table is called up for lunch, place your envelope in the box on the counter with your lunch donation. The suggested donation is \$2.50.



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Help the FRIENDS support the programs at the Center at Punchard. Come enjoy a trip or two. Check out all we do! The FRIENDS

**The Andover Senior Community FRIENDS upcoming meetings:**

**Friday, January 12th @ 10:30 AM**

**Please join us as we support so many of the **free** programs at the Center!**

**Website: [andoverscf.org](http://andoverscf.org)**

## **We are in need of volunteers in the following areas...**

- **Community Planning & Development Dept. front desk: Tuesday & Thursday; 8-1 (temporary) Immediate need**
- Catering Delivery/Store Runner
- Kitchen help – Monday and Tuesday: Register help/and other various tasks
- Meals on Wheels drivers
- Meals on Wheels coordinator - help getting meals on wheels out the door from 10:30am-1pm
- Medical Transportation drivers
- Senior Connections assistants: Various shifts in our Day Program
- Supportive volunteer program assistants – help with seniors with slight memory issues
- Greeters – 8-12:30 shifts and 12:30-5 shifts
- Front Desk Coordinator – takes on 1 shift along with coordinating the desk
- Friday Evening Front Desk person – 6-9pm
- Thursday Evening Front Desk person – 5:30 – approx. 9pm
- Memorial Hall Library: Book sorters – must be able to pick up boxes of books
- Event helpers
- Garden Help - Spring
- Bald Hill monitors – Wed, Fri. Sat. or Sunday shifts – starting in the Spring
- Newsletter folders
- Parking Lot monitor
- Brown Bag Driver to pick up in Tewksbury - 1x month
- Brown Bag assistants: located at the Center distributing bags – 1x month
- Friendly Visitors
- Tele Check-in program
- Craft group coordinator
- SHOP helpers - seniors helping other people; sew stuffed animals for local hospitals to give out to children
- Cable Group

**Please Contact Andrea Zaimes at 978-623-8320 or  
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- Anyone who has fallen in the past
- Anyone who has restricted activities because of falling
- Anyone interested in improving balance, flexibility and strength

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